



# NIAAA Quantity & Frequency Screening Tool

## Questions

1. On average, how many days per week do you drink alcohol?
2. On a typical day when you drink, how many drinks do you have?
3. What's the maximum number of drinks you had on a given occasion in the last month?

## Positive Screen

Person is at risk if he/she drinks at levels higher than outlined below:

	Per Week	Per Occasion
<b>MEN</b>	> 14 drinks	> 4 drinks
<b>WOMEN</b>	> 7 drinks	> 3 drinks
<b>AGE &gt;65</b>	> 7 drinks	> 3 drinks

Optional: To identify those who do not drink regularly (fall below NIAAA guideline), but binge drink sometimes, you could ask this question to identify if the person is an at-risk drinker:

**In the last year, did you drink more than 5 drinks on one occasion (men), 4 drinks on one occasion (women and ages 65+)?**

A positive response would indicate the person could benefit from a brief alcohol intervention.

Sources:  
National Institute on Alcohol Abuse & Alcoholism;  
ENA SBIRT Program